

JULY 1941

15 CENTS

DAILY WORD

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UNITY

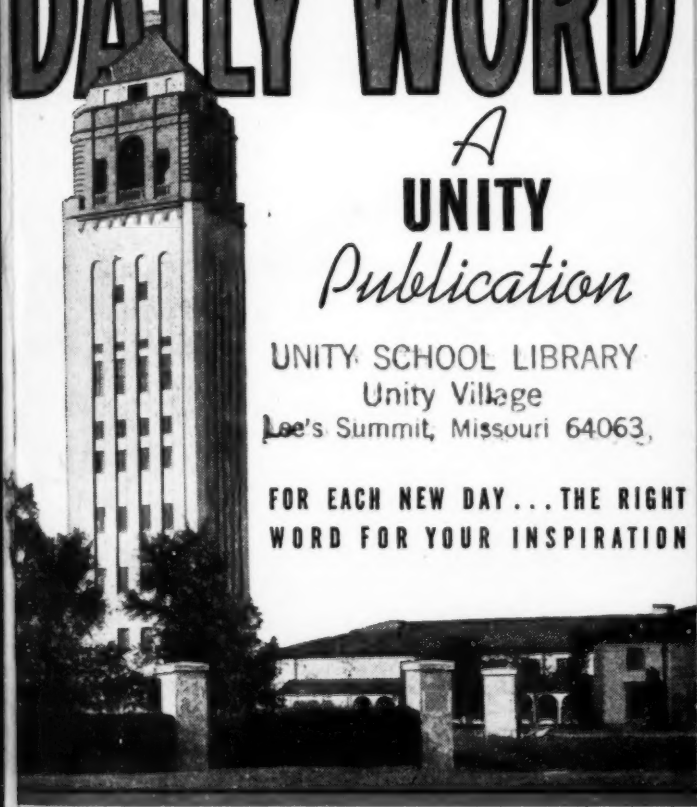
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FOR EACH NEW DAY...THE RIGHT
WORD FOR YOUR INSPIRATION



Class Thoughts

June 20 to July 19

Daily at 11 a. m. join us in this thought
for spiritual illumination:

I am realizing with Jesus Christ that God is the
source of my intelligence.

At high noon each day concentrate your attention
on this thought for prosperity:

I am realizing with Jesus Christ that God is with
me as the source of all my substance, and I
rejoice in my prosperity.

At 9 p. m. each night let us acknowledge the healing power
of Spirit with this prayer:

I am realizing with Jesus Christ that God is the
health of His people, and I am made whole.

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We also publish *Good Business*, *Progres*,

ress, *Wee Wisdom*, *Unity*, *Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

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Silent Unity, the healing department of Unity School, is happy to minister to every person desiring help through prayer. Address Silent Unity, 917 Tracy, Kansas City, Mo. Compensation is by love offering.



DAILY WORD

Vol. 35

JULY, 1941

No. 1

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Stately and tall, as pictured on the cover of DAILY WORD, the Unity Campanile or Prayer Tower directs the traveler to Unity Farm near Kansas City. Even so this little magazine daily directs your steps to the sun-tipped heights in whose glory you behold yourself as a son of God; for such you are.

HE'LL WATCH

GAIL LEACH HARTLAND

All through the night
I know He'll watch,
Where I have watched all day;
His tender ministrations
Will take my fears away.

All through the night
His power for good
Will work in my affairs;
I need not take to bed with me
A mind distraught with cares.

All through the night,
While I'm asleep,
God will a silent vigil keep.
All those I love and things
I possess
Will be safeguarded by His
watchfulness

Silent Unity's Word to You: Blessing!

AS THIS new month begins we in Silent Unity greet all our two hundred thousand readers in the name of the Christ. Each morning we join you faithfully in prayer and rejoice in our unity of spirit with you. Our blessing goes out to each one of you as we take up our DAILY WORD lesson for the day. As we observe our early-morning period of silence we think of you as individual friends who are very close and dear to us.

We are most grateful for your warm friendship, your continued interest, and your unfailing loyalty. We know that much of the success of DAILY WORD is due to your helpfulness in passing its message of Truth along to one another and to those who have never heard of this work. We appreciate your oneness with us in Spirit, your friendly letters, your helpful suggestions and comments, and your blessings in this phase of the Truth work. In turn you may be sure that our blessings constantly go out to you.

For almost half a century we in Silent Unity have been proving by our prayers that the power

of blessing is consistent and effective. There is no variableness in the nature of a blessing; it never fails to establish good. The power that Jesus Christ used in doing His wonderful work is "the same yesterday and to-day, *yea* and for ever."

"Bless" and "blessing" are very closely related to the word blood, and originally meant to consecrate by the sprinkling of blood on the object to be blessed or consecrated. Since blood represents life, this relation of the two words points to the truth that a blessing has the power to give new life to the person or thing blessed. In the course of time the word bless has acquired the figurative meaning of hallowing or making holy by religious thought, word, or rite. But this change has not diminished the power of blessing in action.

When we say that our thoughts and prayers go out to you, our friends, we mean that we are invoking God to bring forth and develop in you His attributes, which are life, love, joy, health, happiness, peace, and prosperity. We mean that the Christ Spirit working through us is actually instilling new life into your mind, body, and affairs, or quickening in you a new consciousness of God's eternal and all-satisfying good.

As we bless you in thought and prayer we really behold and call forth in you the Christ self, your real or spiritual self. In all our min-

istry we praise and glorify that which is inherently and eternally true of you and of every other child of God. Our vision is lifted above all that is un-Christlike, and we strive to follow the exhortation of Jesus Christ to "judge righteous judgment." We see life and wholeness instead of pain and suffering, joy and happiness instead of gloom and sadness, love and order instead of animosity and inharmony, success and prosperity instead of failure and lack. We faithfully and lovingly seek to fulfill the command of the Christ "This do in remembrance of me."

We find that things and situations in our world always reflect to us the thought that we first impress upon them. If we look with disfavor upon anything, if we criticize or condemn or even gossip, our unhappy thought will return to us with vengeance. "Thou shalt also decree a thing, and it shall be established unto thee."

But the possibilities of blessing are unlimited. If we truly bless a troublesome or unpleasant thing or situation, it will unfailingly bring some good to us in return. Blessing is almost spectacular in its power to recompense. Often its results are manifested so fully and speedily that it seems quite miraculous in its activity. It will actually build a new world for us if we practice it, believe in it, and give it a chance to work for us.

So we say to you, our friends: Bless your body with the thought of eternal life and perfect functioning. Bless your home and family with the thought of love, joy, and harmony. Bless your work and your associates with the thought of enthusiasm, co-operation, and mutual achievement. Bless all your affairs with the thought of success and prosperity. Bless your money with the thought that it is God substance, continually increasing to fulfill all your needs. If you have an enemy bless him with the thought of forgiveness. Bless your city or community, your State and your country with the thought of peace and progress. Bless the world and its people with the thought of freedom, universal love, and good will.

This wonderful power to bless is yours to use every moment of every day, and through it you can instill into common things and experiences the very wonder and joy and life of Jesus Christ. Join us in blessing everybody and everything in your world with the thought of God's bountiful and unending good, and you will be wholly gratified at the heaped-up blessings that will come to you in return.

Jehovah bless thee, and keep thee: Jehovah make his face to shine upon thee, and be gracious unto thee: Jehovah lift up his countenance upon thee, and give thee peace.—Num. 6:24, 25, 26.

This Let Me Do

BERTHA M. RUSSELL

O God, whatever else I see,
Let me not fail to find
In everyone I chance to meet
The soul Thou hast designed.

Although men's feet have trod forbidden ways,
They shall be beautiful when they have climbed
The mountain steeps of consciousness to bear
Thy tidings where no bells have ever chimed.

O God, whatever else I hear,
Let me not fail to heed
Thy still small voice in every word,
No matter what the creed.

Although vain, muttered sounds fall on my ear
And drown the soul cry in the speaker's breath,
They shall be changed into a song of praise,
A song of Truth that frees from sin and death.

O God, whatever else I feel,
Let me not once condemn
The faltering hands that reach in faith
To touch my garment's hem.

Although the crowds may threaten and their hands
May strike to slay, when Thy love they possess
Their every move shall be a ministry,
Their every touch a touch to soothe and bless.

"Have Faith, and Doubt Not"

G. LEROY DALE

DOUBT MAY destroy the effect of your prayers. It is very important to know how to keep your mind stayed on God. In spite of any feeling of uncertainty that may arise, you have the power to say over and over hundreds of times an affirmation of good. You can keep your lips whispering words of Truth until finally the feeling of doubt or uncertainty is driven out of the mind. In overcoming doubts don't trust subconscious moods. Keep working with the right statements.

Pray in this way: "I trust Thee utterly, Spirit in me, to bring my good to pass quickly." Say the words over and over thousands of times for an hour or longer if necessary until relief or peace is felt. The soul's incrustations of accumulated life-times of pessimism, worry, doubt, can be broken up and absolutely eliminated forever if man is willing to use the word that represents his highest good.

God's work is finished, complete, and perfect even before you are aware of your own desires. Be diligent in seeking and talking to Him, and watch the wondrous changes swing into your life.

"Be Not Therefore Anxious"

PRISCILLA DRENNEN

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THE ability to relax is important to everyone because tenseness obstructs clear thinking, interferes with the healing activity in the body, and makes it difficult to work efficiently. The habit of relaxation is easily established because it depends primarily upon the mental change from doubt and fear to faith and trust in God. Every person has an inherent longing for peace in mind and order in body and affairs, and this desire is the starting point of any demonstration.

God is your Father and Creator; out of His love and substance you have been formed. Is it logical then to assume that His interest in you ceased when you came into the world, or when you were mature enough to manage for yourself? Do those who create anything that is lovely, beautiful, or worth while ever cease to be interested in their creations? You have observed how lovingly an artist or sculptor cares for that which in the process of its creation has become a part of his very being. Just why have you come to feel that certain doors have been closed between you and your Father, that you must depend altogether upon what you can do for yourself?

This thought of separation from God, this feeling of personal responsibility that you have for yourself and perhaps for your loved ones, may be the cause of your inability to relax. If you had continual assurance of the presence with you of one who is mightier than any circumstance or problem you have to meet, you would not feel the necessity for such strenuous human endeavor.

To the one who realizes that God is the source of all life, goodness, and substance and that "his tender mercies are over all his works," the art of relaxation becomes easy. At first it may seem difficult, but you can begin the practice of relaxation by letting go several times daily of the personal problems and responsibilities you have. Free your mind of every thought except that of God's presence and power within you.

No matter where you are or what you are engaged in, if you are sincere in seeking God's presence you will find the time and the way to do it. If you have some problem of health or income to meet, or if you need specific guidance, instead of giving your mind to random thinking and worrying stop for a moment right where you are and affirm: "As my Father and Creator, God is my life, my supply, my wisdom." The moment you acknowledge Him as the source of whatever you need, you have enlisted in your behalf the most

powerful presence and help available. Why then be tense or anxious or concerned about anything when the problem is thus simplified and its solution becomes as near and certain as the next moment?

Jesus Christ was a master in the art of relaxation, and in the 6th chapter of Matthew He gives a very clear and practical lesson in trustfulness, which is the beginning of relaxation:

"Consider the lilies of the field, how they grow; they toil not, neither do they spin: yet I say unto you, that even Solomon in all his glory was not arrayed like one of these . . . Be not therefore anxious, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? . . . for your heavenly Father knoweth that ye have need of all these things. But seek ye first his kingdom, and his righteousness; and all these things shall be added unto you."

In the last sentence of this Scripture lies the key to all relaxed and successful living; but so long has man rushed hither and yon, feverishly depending upon his own puny efforts, that he has lost sight of the joy and fullness of life to be gained by seeking first the kingdom of God.

With infinite wisdom and understanding the Father has made provision in His kingdom for the rest and renewal of all His creation. In every

species of life this rest period is observed at certain times. In the human body the heart pauses to rest after each beat. Some animals hibernate for long rest periods, and many trees and flowers lie dormant until spring wakens them to new life.

The night, with its accompanying quiet and sleep, is God's gift to you. When you retire, do not take with you all the problems your day has brought, but feel yourself entering into a blessing that God has prepared especially for you, a time of peaceful, undisturbed, refreshing sleep. If your Bible is at hand, read the 3d chapter of Proverbs, and rest with this assurance in your heart: "Yea, thou shalt lie down, and thy sleep shall be sweet."

When you have learned to meet the tempo of modern life, which seems to permit of little opportunity for relaxation and contemplation of spiritual things, with the knowledge that all eternity is yours, then you will begin to live in the spirit of trustfulness, poise, and beautiful serenity. Your days will be pleasant and orderly and successful. Your nights will be quiet and restful and sweet, and you will find the truth in these soothing lines from the poet Longfellow:

"And the night shall be filled with music,
And the cares, that infest the day,
Shall fold their tents, like the Arabs,
And as silently steal away."

Just Relax

You'll find when things seem to annoy
And troubles multiply
That all these things will disappear
If just this plan you'll try:
When things outside look blue and seem
To offer knocks and whacks,
Just cease to think of earthly powers;
Get very still: relax!

Relax and cease to think of fear,
Disease, and lack, and hate,
Dissolve your doubts, think thoughts of
Truth—

You'll find the change is "great."
Then easily you'll disregard
Appearances and "facts,"
And in their place good will appear—
If you will but relax.

Relax your mind from old beliefs
That aught can give you harm;
Cease to believe that men or things
Can cause distress, alarm.
If you are one of those who hold
The world upon their backs,
Be done with such audacity!
Just change your thought: relax!

—*Frank B. Whitney.*

JULY 1

Tuesday

STEADFASTLY FACING GOD, I KNOW MY
GOOD SHALL COME TO ME.

BECAUSE I know that God is steadfast and unchanging as omnipresent, eternal good, I keep my vision fixed on Him. His promise is that all that I desire of life, of happiness, of abundant supply can be mine if I will be faithful to Him and keep His laws.

My trust is in God, therefore I cannot fear or doubt when the manifestation seems to be delayed. I can never falter or fail, for my purpose is unwavering and my faith is firm and strong. Though I walk sometimes in the valley, I am not afraid, for always ahead of me I have the vision of God as eternal, unchanging good.

Every manifestation of good that comes to me strengthens my trust in the power of God to bless me. Each new outpouring of peace, joy, health, and substance deepens my conviction that He is the true source of all my good.

• *We may have a strong encouragement . . . to lay hold of the hope set before us: which we have as an anchor of the soul, a hope both sure and stedfast.—HEB. 6:18, 19.*

Wednesday

JULY 2

MINE IS PERFECT VISION, FOR I SEE WITH THE EYES OF CHRIST.

MY WORLD becomes clear and bright as I look at it through the eyes of Christ. For as I look at the world with this clearer vision, all things that heretofore appeared to darken my world pass away.

I no longer see negation of any kind. I find fault with no man. The fault that I thought I saw in someone else was merely the mote in my own eye, casting such a shadow where Christ stood that I could not see Him plainly. I now realize that seeing Christ in all things and in all situations has given my eyes strength and power, and I am blessed with perfect sight.

Christ in me sees the Christ in all men, in all the world. How new this world becomes and how grand a place to live in when I see all things in this new and brighter light. All the shadows of doubt, all the fogs of uncertainty quickly pass away before the light of Christ. Strong are my eyes and clear is my vision in Christ.

♣ *Thy lovingkindness is before mine eyes.*—PSALMS 26:3.

JULY 3

Thursday

I TURN IN FAITH TO THE JUSTICE OF GOD,
AND ALL THINGS WORK TOGETHER FOR MY
HIGHEST GOOD.

MY JUSTICE is from God. I acknowledge Him as perfect justice in my life and affairs, and only good manifests itself. I seek God first in all things, keeping my thought directed toward His presence and power, and I have the ability to be wise and just in all situations. I look to Him for guidance in all my actions.

If others seem to be unjust toward me, I know that somewhere in my own consciousness I have entertained thoughts of injustice. I know also that in order to rise above all feeling of injustice I must turn within to God and let Him rule supreme in my thinking, in my life, and in all my affairs.

Through the outworking of God's love and wisdom I wipe away all feeling of injustice, and the Truth is revealed to me, the Truth that my justice comes from God. He is my supreme judge, and as I follow His guidance I am led into paths of harmony, righteousness, justice, and peace.

* *Jehovah is a God of justice; blessed are all they that wait for him.*—ISA. 30:18.

Friday

JULY 4

TODAY I WALK WITH GOD IN PERFECT
FREEDOM OF HEART.

TODAY I sing joyously, "There is sunshine in my soul today," for I walk with God in perfect freedom of heart. I have cast out of mind all old hampering ideas, and my spirit is free in the light of God's presence.

I have come to understand that all things work together for my good because I love God, the Lord of my being. All events or circumstances that have appeared to limit me or interfere with the full expression of my freedom are now passed away from me. I am no longer affected by them.

At first I was hesitant about accepting the good that is mine for the taking. I felt myself unworthy of God's rich gifts, or I was unwilling to believe that He cared for me. But now I know that I am a child of the King, beloved of Him, and that all that He has is mine. Truth has made me free. I now accept all that comes to me this day, knowing that it is divinely blessed.

I walk with God in perfect freedom of heart, and I go forward in His name.

✿ *Christ hath made us free.—GAL. 5:1 (A. V.).*

JULY 5

Saturday

TODAY IS MY DAY TO LIVE.

THIS DAY is the only day at my disposal. The past has departed from me and is no more, while the future is yet unborn. Right now I live. There are so many things in the world about me, so many things that reveal beauty and gladness, joy and serenity, tenderness and loving-kindness that truly "my cup runneth over" with experiences to enjoy.

Today is filled with blessings. There is goodness on every hand, and it is mine as I pay heed to it. I live according to the divine standard because I keep my attention fixed on good and help others to see it instead of the shadows of darkness and gloom.

The love of God fills my every waking thought, because I give my whole effort to doing my very best in every endeavor and to spreading rays of kindness to all whom I meet. I invite to my mental home the thoughts of forgiveness, tolerance, and true appreciation of others. Today I live, because I give my thought to each instant so that I may take from it and give to it the value it deserves.

✿ *Now it is high time to awake.*—ROM. 13:11 (A. V.).

Sunday

JULY 6

TODAY I MEDITATE UPON THE ETERNAL
TRUTH OF GOD.

LET NOT the sayings of men move thee, however fair and ingenious they may be; for the kingdom of God consisteth not in words but in virtue . . . When thou shalt have read and learnt many things, thou oughtest ever to return to the one first principle.

I am He that teacheth man knowledge, and I give unto little children a clearer understanding than can be taught by man. He therefore to whom I speak, shall quickly be wise and shall profit much in spirit . . .

I am He who in one instant do raise up the humble mind so that a man shall understand more reasonings of eternal truth than if he had studied ten years in the schools. I teach without noise of words, without confusion of opinions, without the desire of honor, without bandying of arguments.

I am the inward Teacher of truth, I am the Searcher of the heart, the Discerner of thought, the Mover of actions.—*Thomas à Kempis.*

* *The Spirit of truth . . . shall guide you into all the truth.*—JOHN 16:13.

JULY 7

Monday

THE LIGHT OF CHRIST SHINES IN MY HEART,
AND I AM ILLUMINED AND INSPIRED.

THE LIGHT of Christ in me is the source of my illumination, inspiration, and revelation. When I turn to Him at the very center of my being, I know that whatever is helpful for my further growth will be revealed to me.

When I am awakened to the light of Christ in my midst, I no longer believe in mental darkness, neither do I lack in understanding of the Truth. I am ever inspired with wisdom and knowledge, and the information I need in handling today's problems is right at hand.

Realizing that Christ is equal to every demand, I turn in faith to Him whenever I am faced with a problem that needs immediate solution. Thus I cease being uncertain of myself. Awakened to an understanding of what is going on within me, I work consciously with Christ to overcome the shortcomings of the mind that is bound by problems and to establish within my consciousness a spirit of righteousness, power, and dominion.

✿ *If any man is in Christ, he is a new creature.*—II COR. 5:17.

Tuesday

JULY 8

GOD'S LIFE RENEWS AND RESTORES ME.

I RELEASE every thought of tenseness, fatigue, and weakness in the realization that God's life now fills my being. That life is the source and essence of my life and my strength. It flows freely through my body, cleansing it of every imperfection and renewing me with vigor, health, and strength.

Through my receptivity to God's life my mind as well as my body is revitalized. Each faculty is quickened to perfect activity. I am alert to receive new inspirations and new ideas. I now call into use talents and abilities that hitherto have been dormant within me. God's life awakens me to new awareness of the power within me, and I know that my ability to accomplish things is limitless.

I am unified with the perfect, sustaining life of Spirit. God's life is my life, and I am vital, free, and strong. There is no room in my mind or body for any thought or condition of weakness, inefficiency, or limitation. Untiring energy and enduring strength bless and sustain me in my endeavors. Through unity with God I am radiantly alive.

✿ *With thee is the fountain of life.*—PSALMS 36:9.

Wednesday

MY FAITH LOOKS UP TO THEE.

I HAVE faith in God, now and forever. My every thought and act glows with faith. I flex my muscles, I lift my hand: without conscious thought I have performed an act of extreme trust in my Maker. Indirectly is not my mere presence here in this place, in these surroundings, indisputable proof that I have both consciously and unconsciously used the faith that I have? Had I not had faith, how should I have come to this moment of time, from which all the other moments and hours of my life must branch as limbs branch from a tree?

Knowing that faith is an intrinsic quality of my very being, I glory in the knowledge that my faith is in God, even as my life itself is in Him.

Having been blessed from the beginning with even as much faith as a seed or a seeking root, I now joyously admit my ability to enlarge upon that faith. Through faith I can open doors that once were closed; can attain to the seemingly unattainable. By faith I mold and fashion my life into beauty.

✿ *For we walk by faith, not by sight.*—II COR. 5:7.

Thursday

JULY 10

GOD WITHIN IS THE SOURCE OF MY LOVE,
AND I EXPRESS THIS LOVE AT ALL TIMES.

I AM open and receptive to God's pure love. I am a perfect channel through which God's love touches and blesses the lives of all those with whom I come in contact. I am loving, because I realize that it is my divine nature to express God's love perfectly, completely, consistently.

I give thanks for the blessings of love that come to me through people and experiences, for these are channels through which God enriches my life. Through me as a channel I in turn let God's love flow in blessing to others, yet I do not seek to bind others to me through my love for them. I now release my dear ones from all possessive thoughts, from thoughts that make me critical and sensitive. My personal love is made divine through my recognition of its source in God.

I behold all persons through the eyes of love. God's love purifies my attitude toward so-called enemies, competitors, and opponents, and calls forth their love and friendship in return.

✿ *By this shall all men know that ye are my disciples, if ye have love one to another.*—JOHN 13:35.

JULY 11

Friday

I GIVE RICHLY, AND I RECEIVE ABUNDANTLY.

THE LAW of giving and receiving "Give, and it shall be given unto you" is the key to my realization of divine abundance. I realize that giving must precede receiving. I also realize that the spirit in which I give is the factor that governs the return that I receive.

I bless my gift with the thought that it will spiritually enrich everyone whose life it touches. I do not permit any thought of lack or insufficiency to enter my mind and taint the gift that I make. I give richly, freely, joyously, knowing that I am expressing God's unselfish love in the act of giving.

By giving richly I open the floodgates for God's abundance to flow to me. I behold it coming through many channels, blessing me and filling my life with every good thing. I rejoice in the truth that God is my perfect supply.

I do not question the form in which my good comes to me. I receive it graciously, with a thankful spirit. I bless and praise God for it.

✿ *He that giveth, let him do it with liberality.—ROM. 12:8.*





Thine Holy Habitation

Claire Gilstrap

Day lifts the edge of the east;
Night gathers up the draperies of the dark
And steals away softly.
Slowly the light comes:
It touches a far peak
And sets it aglow.
The little valleys are filled with light.
The deep canyons drink in the life-giving
dawn.

Trees are burnished.
Little blades of grass shine.
The miracle of day
Has flooded the silent world
While still it sleeps.

Lord, as silently as the dawn
Comes the light of Thy Spirit,
Filling all the dark and sleeping valleys
With the loveliness of Thy presence.
My soul thrills with awareness.
In humble, silent ecstasy
I offer Thee praise,
That Thou hast made mine heart,
Even mine heart,
Thine holy habitation.

Saturday

JULY 12

ALL SENSE OF IMPATIENCE HAS LEFT ME, AND I AM QUICKENED TO REALIZE PERFECT PATIENCE, CONFIDENT ASSURANCE THAT ALL IS WELL.

KNOWING that God is now bringing great good into my life and continues to do so, I am cured of the habit of impatience. I do not distrust God or think that evil can overcome Him. I know that through the power of Spirit every adverse belief is now being overcome. I am not impatient as to the outcome of my affairs.

I have confidence in God and in His power, and I know that He is mighty to bring great good to pass. I know that nothing can delay my good. I realize that no mortal thought can thwart the work of God.

My patience increases as I increase in confidence and in trust in God. I patiently wait and witness the appearing of God as my salvation and my answer to prayer. I know that He will appear as a blessing when a blessing is needed. I realize that in the timeless time of Spirit He knows no delay, consequently I can experience no delay.

✿ *Let patience have its perfect work.*—JAMES 1:4.

JULY 13

Sunday

I RENOUNCE THE BELIEF THAT HEAVEN EXISTS IN SOME OTHER PLACE OR AT SOME OTHER TIME. GOD IN HIS HEAVEN IS WITHIN ME, AND I ABIDE IN IT HERE AND NOW.

I DO NOT think of heaven as being in some distant place. I know that heaven is not three-dimensional, but exists solely in spiritual consciousness. As there is no distance or space in Spirit, even so heaven is not in some distant place; it is where I am when I enter that high consciousness in which it exists.

I know that heaven is not limited by man's ideas of time and the future. Since in Spirit there is no time, heaven exists in the eternal now and, as I learn and know the truth of timeless time, I enter into the glories and blessings of heaven—here and now.

In absolute Truth there is only God, only heaven. I deny every belief that would tend to fix materiality, limitation, and adversity in my mind. In spiritual consciousness I know the Truth, and heaven appears through my spiritual vision.

✿ *Seek ye his kingdom, and these things shall be added unto you.—LUKE 12:31.*

Monday

JULY 14

AS I CONSECRATE MY THOUGHTS TO GOD MY FATHER, HE BLESSES ME WITH ALL GOOD.

MY LIFE follows where my thoughts lead. I can fill my life with the boundless good of God my Father by keeping my thoughts stayed on Him and on what I know of Him.

I think of the abundant life of God everywhere present, and it is manifested in my body as health and wholeness. I am well and strong.

I think of God's justice and mercy, and lo! I see them on every hand. I am justly treated.

I think of the purity and perfection of the Father's mind and thoughts. His holiness and beauty are seen in my life.

I fill my thoughts with the infinite peace of my Father's presence, and I am at peace. Peace is mine.

I think of the limitless abundance of the Father's supply, and my needs, be they great or small, are met. I am prospered.

*In all thy ways acknowledge him,
And he will direct thy paths.*

—PROVERBS 3:6.

JULY 15

Tuesday

IN MY WORK I ACKNOWLEDGE GOD AS MY JOYOUS EFFICIENCY AND TRUE PROSPERITY.

I KNOW that each task well performed opens new doors of success and prosperity. Therefore will I work enthusiastically today, rejoicing in every opportunity to give perfect service.

I consecrate my mind and my hands to my work, certain that the power of God in me will speed their efficiency and bring me refreshed to the end of a successful day. My mind and heart are happy and open to the rich inflow of new inspiration and divine ideas. My body is filled with new vitality, and I am confident of my ability to accomplish whatever lies before me this day.

The love and interest I put into my work arouses my latent abilities and quickens the activity of the cells and nerves of my body, yet it releases me from any feeling of tension or strain. Thus I am enabled to do my work easily and well.

God in me is my energy, my efficiency, my supply, my unfailing ability to do all that is required of me. I rejoice in peace and plenty.

☛ *Let him labor, working with his hands the thing that is good, that he may have whereof to give.—EPH. 4:28.*

Wednesday

JULY 16

GOD IN ME, MY I AM, CAUSES ME TO KNOW
THAT I AM, THAT I LIVE, THAT I AM PART OF
HIS INFINITE BEING.

FEELING God as a living reality in my midst, I realize the presence of my own I AM. This to me is that spark of the divine within me which makes me know that I am alive and have perfect being in reality.

As I declare, "I am," I feel that the voice of Spirit speaks, declaring its own presence, for truly I AM is Spirit. My I AM exalts me to the realization that something within me (Spirit) is alive forevermore. This something, although indefinable or inexplorable in the language of the world, may be best known as I AM, since it identifies me with Being and livingness, the reality and life of Spirit.

I am light, peace, life, health, love, and substance. The true I AM is that which I know myself to be in Spirit. The real I AM of God is the real I AM that I know myself to be when in the consciousness of absolute Truth.

☛ I AM THAT I AM . . . I AM *bath sent me unto you.*
—EXOD. 3:14.

JULY 17

Thursday

POISED IN SPIRIT, I EXECUTE ITS GOOD JUDGMENT, AND ALL MY AFFAIRS ARE HANDLED THROUGH SPIRITUAL JUDGMENT.

THIS DAY I am freed from all belief that I exercise poor judgment or that my affairs are mismanaged through lack of judgment. I cease to think of myself as lacking in power to discern and discriminate. I know that in Spirit I have access to every idea that will cause good judgment to be manifested in me and in all that I do.

In Truth the judgment of Christ is my own judgment. I have power to discriminate the good from the evil. I know the thing that is best for me to do, and I know just when I should do it.

I can choose between good thoughts and those which are undesirable. I can discriminate between the true and the false. I have power to choose the right way and to discern the right path.

Because spiritual and good judgment is now exercised in dealing with all situations in my life, I find that all my affairs are in divine order.

✿ *Execute the judgment of truth and peace in your gates.*—ZECH. 8:16.

Friday

JULY 18

THE LAW OF GOD, OF SPIRIT, OF TRUTH, IS
THE ONLY LAW THAT OPERATES IN MY LIFE.

GOD, the principle of Truth, is the law of good now operating in my life as the law of harmony, health, and plenty. Since there is but one God, there is but one law for me. Since God is omnipotent, His law governs me to the exclusion of other so-called laws.

Disease cannot operate in me or in my body as a law. I do not believe in the so-called laws of disease as being causes. Under the law of life and health I am free from the belief that I am under any so-called adverse law.

God is the principle of my life, and His law rules my mind, soul, and body. The law of God sets me free from the law of sin, adversity, and death. Through the power of spiritual law I come under the power and dominion of Spirit. The law of Spirit puts an end to all that would claim to be lawlike in character but that would cause adversity to appear.

The law of good rules my life, for in Truth there is but one law, one government, one power.

✿ *We know that the law is spiritual.*—ROM. 7:14.

JULY 19

Saturday

THE PEACE OF GOD FILLS MY CONSCIOUSNESS
AND OVERFLOWS INTO EVERY PART OF MY
WORLD.

I AM centered in the peace of God. His peace fills my consciousness and overflows into my world. Conscious of His peace, I am lifted up above all personal ambitions, conditions, and circumstances. My life and my environment manifest peace, and I am free from all that tends to cause me to feel fearful and inharmonious.

The peace of God dissipates and wipes away every unloving and unkind thought and causes me to know that in order to find peace in the outer I must first find it within myself. Peace in my consciousness establishes order and justice in my life and in all that pertains to my well-being.

Established in the consciousness of God as peace, I realize that in His world there is only liberty, order, harmony, righteousness, justice, and peace. Lovingly and willingly I dedicate this day to peace, knowing that in God's world of peace there is nothing that can take my peace from me.

☛ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—Isa. 26:3.*

Class Thoughts _____

TO BE USED FROM

July 20 to August 19

The affirmations on this page, known as the Unity class thoughts, are composed by Charles Fillmore for the purpose of providing central ideas upon which Truth students everywhere may concentrate during the month. You are invited to use them with Silent Unity not only at the hours specified but whenever you have opportunity.



At 11 a. m. use this thought for

ILLUMINATION . . . *Beholding as in a mirror the glory of the Lord of wisdom, I am transformed into the same image.*

At 12 noon use this thought for

PROSPERITY . . . *Beholding as in a mirror the abundance of the Lord, I am transformed into the same image.*

At 9 p. m. use this thought for

HEALING . . . *Beholding as in a mirror the health of the Lord, I am transformed into the same image.*



The lessons on the following three pages are based upon these class thoughts.

JULY 20

Sunday

BEHOLDING AS IN A MIRROR THE GLORY OF
THE LORD OF WISDOM, I AM TRANSFORMED
INTO THE SAME IMAGE.

IN THE 3d chapter of II Corinthians Paul gives in words filled with mystical significance an illuminating insight into the spiritual relationship that exists between God and His children. He shows that so long as we are material-minded, believing in our own sufficiency, we cannot grow in spiritual stature, for we cannot comprehend the true realities that Jesus Christ came to reveal to us.

He says, "But unto this day, whensoever Moses is read, a veil lieth upon their heart. But whensoever it shall turn to the Lord, the veil is taken away." In these words he is saying that the deep truths of God are hidden from the ignorant and thoughtless, but that they are revealed to him whose mind is given to spiritual matters.

Today I turn in heart and mind to God, the Lord of wisdom, and He reveals to me all that I need to know. I am wise, illumined, and blessed.

☛ *Light shall shine out of darkness, who shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.—II COR. 4:6.*

Monday

JULY 21

BEHOLDING AS IN A MIRROR THE ABUNDANCE OF THE LORD, I AM TRANSFORMED INTO THE SAME IMAGE.

THE IMAGE of God, His Spirit, is present within all creation, because all creation is God Himself in expression. His image resides within the visible and invisible. Therefore His image, the same image that is in me, is also in everything that I need or desire. This being true, there is no real separation between me and whatever I want. When I make union with the image of God in all forms, there is no obstruction to the flow of supply to me.

When with my eyes I look at myself I see only a part of myself. But when I look at myself spiritually I see in full that which otherwise was only partially visible. When with my mind's eye I enlarge my vision of God's image in all manifestations, I see His abundance in its fullness. I see that there is no absence of God anywhere. Beholding God's image in all things, I am transformed into or united with that image, and I am prospered.

✿ *I in them, and thou in me . . . perfected into one.*
—JOHN 17:23.

Tuesday

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BEHOLDING AS IN A MIRROR THE HEALTH OF
THE LORD, I AM TRANSFORMED INTO THE
SAME IMAGE.

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SOME UNKNOWN philosopher put into six
brief words a great truth when he said:
"That thou seest, that thou beest." For I
know that what I am today is the manifestation of
my past thinking.

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I know that perfect physical health is the out-
ward manifestation of an inner realization of the
true source of health, which is Spirit or God. If I
am sick in body or mind, my condition is due to
the fact that I have only partly laid hold of the
truth that God is my health.

nto one.

To increase my understanding of God as health,
I now become quiet and peaceful. I withdraw my
attention from any physical or mental inharmony
that may be troubling me, and I concentrate it
upon the idea that God is perfect health. I affirm
my oneness with Him. His health is mine. I behold
His perfection expressed in me. I am transformed
into the manifestation of perfect health.

* *Ye are an epistle of Christ . . . written not with ink,
but with the Spirit of the living God.*—II COR. 3:3.

Wednesday

JULY 23

I EXPRESS THE JOY OF SPIRIT, AND MY LIFE
BECOMES RADIANT AND JOYFUL.

THERE IS within me a spirit of joy that is stronger and more powerful than any thought of depression or sadness. Today I resolve to give this spirit of joy full and free expression through my thoughts, words, and actions.

Should some condition arise in my life that would tend to take away my joy from me, I will rise above it through Spirit within me. My joy is not dependent upon outward conditions or other people but comes from a consciousness of the indwelling presence of God. In His presence I find fullness of joy.

As I turn my attention away from despondency and discouragement and fix it on the joyous things that are mine, I find joy in every task and experience. I rejoice with others in the good that comes to them. My inner consciousness of joy is revealed by my joyous countenance, and everyone I contact is blessed by my inner spirit of joy.

✿ *These things have I spoken unto you, that my joy may be in you, and that your joy may be made full.—JOHN 15:11.*

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JULY 24

Thursday

GIVING UP ALL TENDENCY TO THINK OF MYSELF AS EVIL OR IMPERFECT, I TURN MY THOUGHT TO CHRIST, MY INNATE PERFECTION.

CHRIST, the spark of the divine within me, now comes forth as I increase in my realization of His presence. Christ, my spiritual nature, now is manifest as all the reality there is to my being. In Him I know that I am perfect and entire.

I am freed from the belief that the Christ nature belongs to Jesus alone. I know that Christhood is a part of everyone who knows the truth of his spiritual nature. I realize that the Christ is now and always will be a part of my very being.

The presence of Christ is the presence of peace. Growing in understanding and in realization that Christ is within me, I know that I have peace and harmony of mind at all times. I accept Christ as my peace. The presence of Christ is a healing presence. As I turn to Him, I feel that His healing work is being done in me. Christ, to me, is living bread. He feeds, nourishes, and sustains me.

♣ *Christ be formed in you.*—GAL. 4:19.

Friday

JULY 25

I KNOW THAT IN ANY EMERGENCY I CAN
TURN TO CHRIST, THE TRUTH, MY SAVIOUR.
HE IS ALWAYS READY TO DELIVER AND TO
SAVE ME.

HOW I rejoice to feel that in any trying
circumstance my Saviour and deliverer is
right at hand! What a consolation to
know that in trial or in danger Christ is with me
and ready to help me!

Christ, the Truth, delivers me from every negative experience. He is my Saviour and is mighty to free me from any bondage and to liberate me from any false claim. His Truth delivers me.

My salvation is always at hand. I have but to call for help in order to feel the presence of Christ at hand, ready to be of help to me. I need but to realize the truth of His salvation in order to know that He is with me, putting adversity to flight and raising me to Himself.

I am delivered from evil and adversity in every form because my thought is centered upon Christ my Saviour.

*I will call upon Jehovah, who is worthy to be praised:
So shall I be saved from mine enemies.*

—II SAM. 22:4.

JULY 26

Saturday

KNOWING THAT GOD'S GOOD IS THE ONLY REALITY, I NO LONGER RESIST THAT WHICH APPEARS TO BE EVIL.

TODAY I enter into a clearer understanding of Truth, and I no longer resist the appearance of evil. Shadows are quickly banished when I meet them by nonresistance, for thoughts of evil cannot find room in my consciousness when it is filled with thoughts of the light, love, and goodness of the Father.

If I argue in my desire to be free from certain inharmonies, then I am resisting the inharmonies. Whatever is resisted is feared, and fear always fights back. Nonresistance however does not mean that I should do nothing about that which appears to be inharmonious or sinful. Jesus Christ taught that the way to overcome all negation is to see beyond seeming evil and recognize God, the good, back of it.

Thus by raising myself to a consciousness of Truth, by knowing that God's presence of love and goodness is the only presence in everything, I am no longer affected by apparent evil.

☛ *There shall no evil befall thee.*—PSALMS 91:10.

Sunday

JULY 27

TODAY I GIVE MYSELF UNTO PRAYER.

As I commune with God in the "secret place of the Most High" that is within my heart, I am content. Perfect stillness pervades me. My mind is free from outer disturbance and my thoughts are orderly and peaceful. I am at peace with all men and all things.

Throughout this day I keep my mind centered upon God. I pray unceasingly, mindful that I am a son of God and a channel through which He expresses His love and wisdom.

Whenever my attention is called to some person or situation, I pause momentarily and silently speak a word of blessing for everyone concerned. I realize that God is speaking through me; and He speaks only words of wisdom, strength, and comfort.

As I meditate upon God and His Spirit I become more gentle, kind, and understanding. I no longer give heed to words of criticism or faultfinding spoken by others. I know that only the perfection of God's Spirit is now being expressed through His children.

✿ *I give myself unto prayer.*—PSALMS 109:4.

JULY 28

Monday

GOD IS MY EMPLOYER. I TRUST HIM TO GIVE ME MY RIGHT WORK AND TO PAY ME GENEROUSLY.

GOD is my sole support, my employer. It is my duty and pleasure to establish this truth in my mind. Do I think of my human employer as the source of my supply? Then I wrong both myself and him who pays me wages. It is not that I should be less faithful to him who pays me wages but that I can be truly efficient only when I put my dependence in God.

He who gives me temporal employment is a steward of God. I serve him well, with the respect and the loyalty due a steward of God. If the time comes when he has no need of my services I shall not be anxious. Instead I shall rejoice that by reason of my faithful and loving service I am to be promoted to a more suitable position, provided with some happier means of receiving supply. At the same time I make room for another person to be blessed in the position I am vacating. Because I work for God, I am richly blessed.

* *If they obey and serve him, they shall spend their days in prosperity.*—JOB 36:11 (A. V.).

Tuesday

JULY 29

GOD CREATED MY MIND PERFECT, AFTER HIS LIKENESS, AND IT EVER EXPRESSES HIS WISDOM, ORDER, AND INTELLIGENCE.

MY MIND is quick, alert, clear, and active, because God created it perfect. There is no limitation, no barrier to my clear thinking, quick decision, and sure remembrance. Each day I acknowledge God as present within my mind. I rejoice that my mind is one with God, one with His wisdom and intelligence. Therefore it is orderly, keen, wide awake, and perfectly balanced in all its activities.

Since God is present in my mind, He alone controls and governs my thinking. All negative thoughts, all thoughts of ill-health, lack, and discord are now dispelled, and God replenishes me with new ideas of life, peace, love, and order. My mind is lifted out of the old rut of limited thinking, and I receive new wisdom, new understanding, and inspiration.

Father, I thank Thee for Thy perfect mind, which is now finding expression through me.

✿ *Have this mind in you, which was also in Christ Jesus.—PHIL. 2:5.*

JULY 30

Wednesday

LOOKING BEYOND SEEMING OBSTACLES, I
TRUST GOD TO REVEAL HIS PERFECT PATH
TO ME.

I REJOICE that to God there are no barriers, no hindrances to the manifestation of His blessings. I realize that no obstacle can prevent the coming forth of His good will. I know that waiting behind the man-named obstacles is the clear, perfect way of God. Therefore I refuse to see what may seem evident to others; I am alert to behold the way revealed through faith. The opinions of others or the conjectures of established precedent do not influence me. I know that God is forever true, and I can freely put my complete trust in Him to reveal a perfect path.

Even should I not at once see the way to be taken, the knowledge that it exists in God keeps me poised, patient, assured that all is well. I keep my mind positive and receptive, ready to accept the way that God will reveal to me through steadfast faith. I give no attention to attempts to discover the nature of obstacles; my attention is fixed on God's power to dissolve every obstacle.

✱ *Let him ask in faith, nothing doubting.*—JAMES 1:6.

Thursday

JULY 31

MY CONSCIOUSNESS OF ETERNAL NEWNESS IN SPIRIT WIPES OUT ALL BELIEF IN DISINTEGRATION AND AGE. I AM ESTABLISHED FOREVERMORE IN THE NEWNESS AND FRESHNESS OF SPIRITUAL YOUTH.

I TURN my mind from all belief that I am identified with crystallized thought. The eternal freshness of Spirit causes my mind to be rid of old, obsolete, and useless ideas and I am mentally refreshed. I am free from the living of life in a monotonous way. I find that everything in the universe brings an added interest into my life. New ideas are manifested in my body as physical newness, old cells are displaced and new ones caused to appear. Through thinking new ideas I cause my body to manifest a spirit of newness and freshness.

My life is constantly being renewed because I continually see life from new viewpoints. I give up old viewpoints for new ones. New blessings come to me daily, and as I become renewed in Spirit I am blessed with spiritual gifts. The very spirit of newness fills me.

♣ *Jehovah's lovingkindnesses . . . are new every morning.*—LAM. 3:22, 23.

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